THE TASTES AND WAYS OF A PAMPANGO

M. A. HENSON

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While we were taking leisurely our breakfast at a restaurant in Baguio during a crowded summer Mr. P. C. Mauricio, Managing Editor of the Sunday Times Magazine and Mr. E. C. Aguilar, Associate Editor of the Daily Mirror and I, overheard a conversation in Spanish from a man talking in pulpit-like gesture to three ladies of stocky legs and lighter complexion before choosing the menu, like this: "Aquí comen todos los Pampangos; Ésto lo comen con eso y ésto con aquello..." "Here eat all Pampangos; they eat this (tapa or hung beef) with that (toasted cooked rice) and this (ensaimada or buttered coiled rolls) with that (native chocolate)."

And since then every time we eat together Editors Mauricio and Aguilar would ask me, "What on earth does Pampango cooking make so different from other Filipino dishes" and if I could write about the art that might cause a boon to palates that want to enjoy it?

To which I invariably answer that I am not a gourmand neither a gourmet nor a connoiseur on culinary art other than I was born a Pampango having lived in Pampanga province the past sixty years.

If I shall ever write about Pampango cooking as I am going to write now it would be to mean that I intend merely to be an exponent of my own tastes and ways and do not pretend to steal the show from deserving chefs or housewives.

You see even before the first world war 1914-1918 when tastes had not been perverted or sophisticated nor ingredients and condiments adulterated I venture to assert that there is no single Filipino of more individualistic taste than the Pampango palate. And yet nowadays our culinary art is soon becoming a lost art that must be learned anew

like our own dialect although only inperfectly the first in universities for women and the latter in grade schools. The reason is perhaps there is more time to load the brains with books than to invite time for cooking that long bade goodby to genuine condiments and ingredients and because "Life is too short and Art too long - Ars longa, Vita brevis", hence ready-made foodstuffs are always at hand to fill palateless stomachs in a jiffy.

Anent that individualism in taste it is no secret that an affluent Pampango gambler (tahur or tajor in common parlance) during cockfighting seasons in the province of Pampanga itself would bring along with him not only his prized cock and money nay his own cook trained but to suit the gambler's taste; and a common Pampango housewife would not readily trust to strange hands her everyday "sigang" broth.

This means that Pampango dishes have as a complement Pampango taste individualism and that individualism in gusto is seldom to be found in decent cosmopolitan restaurants notwithstanding claims to the contrary.

Although it is alleged we Pampangos originated from the Hindu-Malayan-Chinese stock, yet our cooking is not necessarily Indian or Indonesian so addicted to curry and hot peppers and pamperers of the cow if they consider it not sacred.

The Pampango cooking has neither been influenced by the Chinese insofar as delicateness in flavor of Amoy and Canton dishes is concerned, otherwise "Lauriat" menus and Chinese restaurants in progressively increasing numbers would not be patronized by Pampangos to these days.

In other words Chinese cooking does still belong to the Chinaman realm as long as our taste buds and palates and our much vaunted positive Nationalism do not wager the contrary.

Notwithstanding this fact several Chinese words were loaned to our vocabulary, implements and kitchen, to cite a few from the book of Professor E. Arsenio Manuel's Chinese Elements in the Tagalog Language, University of the Phil-

ippines, Manila, 1948: Angkák, babi, batsoy, batute, bihon, biko, goto, heko, hebi, itu, kasim, kintsay, cuse or kutsay, putu lansong, liampo, luglog, lumpiya, miki, misua, opu, pansit, pesa, sangki, silinyasi, sinantan, sotanghon, suam, tahuri, talangka, taugue, tausi, tikoy, tinape, tokua, toyo, tsa, ukoy, ulikba, unsoy, wansoy, (all underlined items above are but materials or ingredients not recipes).

Despite the individuality and resourcefulness of this Pampango art there is no denying the fact that several ancient dishes and more particularly confectioneries of Pampanga do bear the Spanish trade mark and gusto, to mention a few: Adobo, albóndigas, arroz a la Valenciana, asado, barquillos, bizcocho, cabeza de jabali, corbata, calderota, croquetas, chorizo, chicharron, panara (empanada), ensaimada, suclati (chocolate), escabeche, espasol, estofado, leche flan, fritada (not "aprotada" as commonly written), galantina, guisado, hojaldre (not Ojaldrina), litsun (lechon from the Spanish, cochinillo de leche), longaniza, masa podrida, mamon, mallorca, mechado, menudo, merengue, moli (mole), panaritos (empanaditos), pastel, pepitoria, picadillo, pisto, postre, potoseco, relleno, rosquetes, salsa, saniculas (San Nicolas cookies), sorbete, sopa de fideos, tamales, torta, tocino del cielo, turron de casuy, yemas, and a list of other 20th century Spanish culinary romances that space and time cannot accomodate in these few lines that belittle a Mallorquin (native of Majorca).

Besides the generic names of Pampango dishes enumerated above the following are an addition as a class in themselves because of their Pampango titles or otherwise:

Alpang bulung bauang ✓
" Camangiang ✓
" Camansi
" Chicharo
" Labanus
" Labung
" Lain
" Opu

Alpang Patola
" Pungapung ✓
" Taugue
" Tucud banua
" Ubud ungut ✓

Arobung Ate
" Babi o Ayup ✓

Arobung Babing toyu
" Ema
" Pusit
" Talaba
" Tugac

Asado de carajay ✓
" Dila
" Pampango

Barali o Estofadong Babi

Balobalo (paro at nasi)

Baruyang Paro o Alamang

Batung Vaca ningnang ✓

Begucan ✓

Belutac ✓

Betute Tugac ✓

Biasbias Babi o Vaca ✓

Binulung Manuc o Asan ✓

Biringji (nasi lacatan single at ange)

Budin Carne ✓

Burung Asan (Itu, o Bulig at nasi) ✓
" Camias
" Ebun Barag
" Mangga
" Mustasa o Quelua

Burung Talangoa ✓

Calderetang Cambing ✓

Cardillong Bulig o Tinapa

Cari (Vaca)

Chicharron Empella

Chuletang Babi o Manuc o utac

Cocido o Puchero ✓

Daing Bangus, Itu o Calasu ✓

Daing Pusit o Talunasan

Kilawin ✓

Kilaw Cambing ✓

Lagat Apalia ✓
" Cabuti ✓
" Camaru
" Culitis
" Itu o Palus ✓
" Paro
" Pechay
" Pusu
" Repollo
" Utac

Langguc Camangiang ✓
" Culubasa

Lelut Manuc o Tugac

Mechadong Solomillo ✓

Morcon Babi ✓
" Vaca

Pacsing Dulungan
" Iso
" Itu
" Laman Lub (Labut)
" Litsun ✓
" Patang Babi ✓
" Samaral

Pesang Buiig

Pinangat (Asan, asin, sampaluc & dalayap) ✓

Pindang Babi, Vaca, Usa

Pospas Manuc

Pugang Itu o Tugac

Rollonong Apalia ✓
" Bangus
" Ema o Alimasag ✓
" Tapi
" Larang Mayumu

Sabo Balatung ✓
" Calang
" Parusparus
" Sulib
" Susu ✓
" Tulia
" Maligosu

Sigang Asan o Ba[illegible]
" Usa

[illegible] Babi

Sisig Pacu
" Paro
" Talaba ✓

Suam Ema o Maiz ✓

Taguilao (Burung Bia o Diris ampon ditac a asin) ✓

Tidtad Babi o Vaca

Tinolang Manuc ✓

Tortang Ema o Alimasag ✓
" Babi

CONFECTIONERIES

Atsarang Capampangan

Balasubas (Linc atbu maqui dinunut a lara) ✓

Bibingcang Nasi

Bico (Calamo lacatan maqui culubasang matua dinunut) ✓

Brazo de la Reina ✓

Bucarillo (Pacombu) (macatumpuc mayumung ungut quinayud) ✓

Calame Ati (Lacatan a guiniiing at dacal a piga)
" Camuting-dutung
" Ubi o Tugui ✓

Cuchinta ✓

Guinilu (Gulaman tidtad at piga)

Inangit (Calame lacatan at ditac a piga)

Jalaeang Biabas o Guyabana
" Piga

Mayumung Camias
" Camatis
" Macapunu ✓

Nata de Coco o Piña ✓
(Mayumu ning biye gagato ning aslam ungut o piña

Pastillas Gatas ✓
Damulag

Pepalto

Suman a Banus o Patupat
(binalut ebus)
" " Bulagta (verdi laman maqui lejia)
" " Duman at Latic
" " Inangit (Lacatan at dacal a piga)

Sacobi at Gatas

Salabat ✓

Sinantan

Tibuctibuc Abias o Maiz ✓

DRINKING WATER
(Aromatic Water)

Dinaig (Clay drinking jar ✓
smudged with rice hulls) drinking water.

VOCABULARY
PAMPANGO - TAGALOG

Balatung - Munggo

Damulag - Kalabaw

Duman - Pinipig

Ema - Alimango

Lelut - Lugaw

Ligang pepalangi - Halabos

Jaleang Piga - Matamis sa bao

Pepalto - Palitaw

Sigang - Sinigang

Tidtad - Dinugoan

Tucud Banua - Tukod Langit

Tugac - Palaka

PAMPANGO - ENGLISH

Alpa - Pottage

Atsara - Sweet or Sour Picklo

Belutac - Beef Sausage

Buru - Fermented or Salted

Daing - Salted Dried Fish

Duman - Parched pounded green rice

Iso - Small intestine

Lagat - Stew or Pork's Fat

Langguc - Greens or Tops

Latic - Brownish residue from cooking coconut milk

Lejia - Thick Lye from Ayang Lalaqui plant (Amaranthus spinosus L.)

Morcon - Meat roll

Nata - Supernatant Cream

Piga or Gatta - Thick Coconut milk

Sacobi - Sago-palm starch pellets

Solomillo - Loin

Tapi - Omentum

Taugue - Sprouted Mongo

PAMPAMGO - SCIENTIFIC NOMENCLATURE
(for International Identification)

Alimasag - Neptunus gladiator Fabricius

Apap - Lates calcarifer Bloch

Asujos - Sillago maculata Quoy and Galmard

Balanac - Mugil vaigiensis Quoy and Galmard

Bangus - Chanos chanos Forskal

Bisugo - Nemipterus taenipterus Cuvier and Valenciennes

Biya - Glossogobius giurus Hamilton-Buchanan

Buanbuan - Megalops cyprinoides Broussonet

Cabasi - Anodontostoma chacunda Hamilton-Buchanan

Calasu - Trachinocephalus myops Forster

Dalag - Ophicephalus striatus Bloch

Dalagang bukid - Caesio caerulaureus Lacepede

Diris cabuntuc - Stolephorus commersonii Lacepede

Dulungan - Mirogobius lacustris

Ema - Scylla serrata Forskal

Hasahasa - Rastrelliger brachysomus Bleeker

Itu - Clarias batrachus L.

Labahita - Acanthurus bleekeri Gunther

Lapad - Sardinella perforata Cantor

Lapulapu - Epinephelus corallicola Cuvier and Valenciennes

Liualu - Anabas testudineus Bloch

Malacapas - Gerres flamentosus Cuvier

Mamali - Eleutheronema tetradactylum Shaw

Palus - Anguilla mauritiana Bennett

Paro ulang - Palaemon carcinus Fabricius

Parusparus - Dalliella subcrassa Lea

Samaral - Teuthis javus L.

Sapsap - Leiognathus equulus Forskal

Saramoliete - Upeneoides sulphureus Cuvier and Valenciennes

Sulib - Macoma pellucida Philippi

Susung papa - Pila luzonica Reeve

Tagan Virgen - Solea humilis Cantor

Talabang sinelas - Ostrea iredalei Faustino

Talaquitoc - Caranx armatus Forskal

Talangca - Thelphusa indica Lath.

Talimusac - Oxyurichthys microlepis Bleeker

Talunasan - Gymnothorax pictus Ahl.

Tamban - Sardinella longiceps Cuvier and Valenciennes

Tulia - Corbicula fluminea Muller

Tunsoy - Sardinella fimbriata Cuvier and Valenciennes

(Note: The aforementioned are my favorite fishes, mollusks and crustaceans. Regarding Ophicephalus striatus Bloch the Dalag is the adult;

Bundaqui is the medium size and Bundalag is the fry of the same fish. Whereas Pantat is the fry of Itu.)

PLANTS

Apalia - Momordica balsamina L.

Lain is a different plant from Gandus or Gabi

Maligosu - Mollugo oppositifolia L.

Pungapung - Amorphophallus campanulatus Roxb.

Tucud Banua - Helminthostachys zeylanica L.

After whetting the curiosity and appetite of my two distinguished listeners they requested me to go to the point they were eager to know, my taste and ways of doing it as a Pampango, to which I replied:

You know I love to take my Sigang broth when its ingredients are, Bangus (not the "maumuc" that tastes muddy), heart of haimuco or wild banana flower, green but firm camias fruit, some camias flowers, pacu shoots, "Malataid" Chili but green, fresh tomato and a dash of salt. Absolutely no ginger. Look, I eat first the belly and the eye-balls of the bangus and then the pacu having as sauce cooked prized fish bagoong with a little lemon juice and a little but crushed chili.

In contrast to Dr. Rizal's Tinola containing Chicken and Calabaza in his Noli Me Tangere, chapter 3 paragraph 17, my Tinola consists of Chicken, half-ripe Papaya, Camalunggay leaves without petioles, two Malataid green long Chili, dash of black pepper and salt.

Alibangbang (Bauhinia malabarica Roxb - Balibamban in Pampango) is mentioned in the Sinigang de dalag of Dr. Rizal's Noli Me Tangere, chapter 6, paragraph 8.

Balibamban leaves I prefer in Sigang Usa instead.

I seldom touch sweet-sour or agri-dulce viands like Escabeche, Paosing Litsun, and other Pampango sweetened dishes like Postreng Biabas and Cordial Santul, because if it is music the theme or melody is drowned by the accompaniment. I hate curled tomato skins and ginger remaining in the viand after serving their purpose, they are nuisance, as well as cut kutsay.

If this Sigang could be boiled in a freshly cut buho stem and eaten with rice wrapped in banana leaf cooked alike in a separate freshly cut buho stem, Oh Boy! what a world of difference! And if the rice were of the varieties of Milagrosa or Mimis of recent harvest!

In Sabo Balatung I prefer the boiled and sifted green Mamggo, with some bits of Tinapang Cabasi, skin solid Chicharron and finely chopped green onions and kintsay leaves.

Instead of the Chili leaves in Sabo Calang, Sulib, Parusparus, Tulia, Susu, I prefer the leaves without the petioles of Camalunggay (Moringa oleifera Lam.) for it is far more nutritious than Chili and can replace the tang of the traditional ginger in the soup.

To avoid the formation of mucilaginous consistency in the soups of Maligosu, Culut Apalia (Ampalaya young curled shoots without tendrils), and Catilpu, (Ilocano's Saluyot) they are added to the stock just at the moment it boils and immediately transferred to the table for ready consumption.

The Catilpung Babai (Corchorus olitorius L.), the Ilocano's Saluyut, is highly nutritive but I prefer it as a salad, scalded and dressed with lemon juice, sugar and olive oil.

Between the Rod and Black Russian Caviars I prefer the Black one - Salmon Caviar is nauseous - as appetizer.

But I would not change my favorite hors d'oeuvres which are the Itu (catfish) and Tugac (frog) roes marinated in little lemon juice, minced garlic, dash of salt, black pepper, wrapped in tender banana leaf and baked gently garnishing thin slices of boiled Tugui (Dioscorea esculenta (Lour.) Burkill).

The smallest among the oysters (Ostrea malabonensis Faustino) or Cucung Cabayu is the most delicious and highly priced in the markets, whereas the largest one (Ostrea iredalei Faustino) or Talabang sinelas is the most commercial. They make good Sisig or Arobu.

Among the shrimps my favorite is the Paro Sasa which is sweetish and the Ulang which makes good ingredient for Sigang or Bulanglang. Paro Sasa to taste better must be boiled in its own body fluid plus salt. Although the Paro Sacdagul or Sugpo in Tagalog (Penaeus monodon Fabricius) commands the highest price among the shrimps I prefer to split it into two sidewise halves sprinkled with little sugar and grill both sides in low embers and before eating them while still hot smear them with dressing of mayonnaise, Worcestershire and Maggi sauces. Without this dressing they taste flat to me.

Among the crabs I prefer the meat of Alimasag but to play safe it must be alive like the Ema (Alimango in Tagalog) when purchased and boiled immediately in their own body fluid plus salt. Most delicious to me is the yellowish fat of the Ema and Alimasag males, whereas the so-called "Aligue" elaborated by the Ema females from July to September - also the harvest season for the Talangca - is dull in taste but well chosen for garnishing such soups as Misua with brains and Birds-nest (salivary mucus of Collocalia swift) with minced Chinese-style cooked Ham. But when the Ema and Alimasag are caught a few weeks before molting their new soft inner carapaces are delicious - as well as molting prawns and shrimps - with the yellow fat around. With these crustaceans my "pamutat" or relish is grated half-ripe Mango and Balubad or Casuy shoots and Shrimp Bagoong with sauted garlic

and diced skin chicharron.

When Talangcas appear for the first time in a season small in size at the market it foretells that their supply will last long, but not when they appear larger, according to the experience of my mother - a rule similar to the barometric reciprocals of Mango and Palay Crops, to wit, when there is plenty of Mangos, Palay Crop will be meager in a locality, and viceversa, which is explained by scanty or abundant rainfall thereat.

The large female Talangca of fishponds make good Buru (pickled in brine for one day) because it is cleaner and as such I like nibbling it raw to enjoy the yellow fat but not without scalding it first in boiling water. My favorite sauce thereto is lemon juice with a little crushed Chili Labuyo (smallest chili). Or I might squeeze the fat from the Talangca, preserve it for three days in lemon juice and salt and sterilized it in water-bath everyday before eating. Eating boiled Talangca for sanitary reasons is a great nuisance to the teeth, tongue and palate, and a ridiculous deterioration in the taste.

About the Itu, I like to take this catfish fried when it is Pantat, frying long the belly and while it is still crisp, because I take the fins first, then the head and last the body, having for "pamutat" (hors d'oeuvres) grated labanus and thin-skin tomatoes. Note that in frying I always prefer pork lard or olive oil when necessary, to the so-called hydrogenated coconut oil or peanut oil.

When the Itu is adult I prefer to take it as Pacsi or Pinangat in lemon juice (calamunding or calamansi being a poor substitute) instead of vinegar which nowadays is of doubtful quality. In this case the head and fins are discarded.

Or I might roast the adult Itu in low embers instead and as sauce a mixture of parboiled and crushed half-ripe ("malasebu") Sampaloc's meat and heco which is the shrimp

the fishes are slaughtered fresh - the blood red hue is well preserved too, which is absent in the dead fishes made into Buru and Daing.

For the good taste of the Buru and Balobalo they shall be kept and thus make them still good for one year or more in air tight containers and not displayed in the markets lest they will taste flat ("lalasang angin" in Pampango). However the Taguilao won't keep long but should be consumed between two or three days after fermentation.

Daing and Pindang however with the Pampango formula, Sugar, Salt, without Saltpeter (Salitre) behave differently. I prefer to eat them fried in pork lard two to three days after pickling and air-drying so they do not become too sour nor too salty to the palate.

Belutac (Beef Sausage) is a specialty - though not a secret to me - of the people of that most ancient town Candaba of Pampanga. To distinguish it from the Spanish Salchicha and Salchichon and the Italian Salami you must taste it thinly sliced and lightly fried or roasted in low embers and consumed with two-day old Burung Mustasa, and not longer to avoid its indigestibility and the destruction of its vitamins.

To make a good Kilaw Cambing devoid of the goatish flavor and odor (Canggu in Pampango) due to capric acid the following rules should be strictly observed: (a) only native goat between 8 months and 2 years old and castrated should be slaughtered, (b) no food should be given but plenty of water 24 hours before slaughtering, (c) after slaughtering the goat is hung from the hind legs and the dirt is brushed out of its hair, (d) skinning begins from top to bottom trying not to cut or tear the thin membrane under the hide, (e) avoid rubbing hair against flesh and rinse incisions from top to bottom with water and lastly with strong vinegar, (f) the flesh is scraped gently with the native (Cabasi) knife not minced and finally marinated 2 hours in a dressing composed of 1 tablespoon "Tanduay"

dry gin, plenty of sliced native red onions, plenty of lemon (not calamansi or calamunding juice), several crushed red wild Chili labuyu, dash of salt to taste, all kneaded thoroughly, and now it is ready to be served with in between sips of highballs I like such as Haig & Haig or Dimples Finch, Gordon's Dry Gin, or Amsterdam's AVH gin.

. The Calderetang Cambing stewed in olive oil reminds me of the only Sardines that do not leave a bitter after-taste, the Spanish Jose Curbera and the Portuguese Hermes brand (the green one) that now disappeared in the market. Besides olive oil I like my caldereta complemented with green olive fruits and pimenton or paprika which adds to the arrogant masculinity of the flavor. Instead of cooked rice I prefer to take it with toasted American bread and occasional sips of dry Sauterne wine.

The Cari meat would have to be of the cow's lips, tail, knuckles, and not of carabao's to extract the most of the highly nutritive amino-acid containing gelatine, and cooked at least at the eve of the dinner. As a sauce I prefer only first-class Shrimp Bagoong like the Dagupan's kind sauted in generous amount of garlic. Since the word Cari or Kari as a dish exists also in the menu of the Tamil people from southern India and Ceylon and the Indonesians and possibly a modification of the Indian Curry hence Cari or Kari is a loan word and I do not subscribe to the popular claim that it is the Filipino National Dish notwithstanding arguments to the contrary, but I would suggest our dish Sigang or Sinigang (without Ginger) instead.

I like Iso (Pig's and Cow's small intestines) thoroughly cleaned and a little bit fried before it is made into Pacsi.

But Pacsing Litsun is a lot different. Only when the pig's liver is roasted, minced and incorporated into the thick gravy elaborated with a quality flour, refined sugar and fine black pepper, is when a left-over roast pig should be stewed in to avoid its deterioration next morning. Hence,

Litsun's gravy is a must that always goes with the roast pig itself. But if it were not for such inevitable traditional gravy I would prefer to take Litsun with the Pampangan Atsara but the pork should be the flesh from a confined native pig fed with rice bran and corn and camote greens instead of restaurant slop and thus it tastes much better and porkiest to me. My choicest Litsun morsels are, first the legs, next the eye-balls and last the jowl or chin. If it is for the stuffing I love the Duman (Pinipig in Tagalog) with some sweet pimientos to taste instead of the customary rice.

I like my Tortang Babi free from cartilage or Amad, the beaten eggs at least two of them mixed with the cooked minced pork with some fat, all together spread over greased banana leaf, heated and turned over each way on a frying pan. This is a lost art now replaced by the absurd separation of the egg fold layer.

In Begucan I prefer the Shrimp Bagoong as well as the blood in Tidtad Babi o Vaca squeezed on instead of just adding them to the stock to minimize the salty accent of the Begucan on the one hand and to make the sauce of the Tidtad thicker on the other.

In making Pansit Luglug - as Luglug denotes, that is, "rinsed" - I like the noodles free and not sticking together and as Palabuc (garnish on top) only the sauce of pounded and squeezed shrimp heads colored for psychological appeal with annato or achuite sauted with garlic - not the flour and rancid coconut milk paste styled nowadays - sliced boiled eggs, pounded solid chicharron, talaba and some Ongsoy leaves (Coriandrum sativum L.).

My favorite raw Lumpiya is made of Ubud Ungut (pith of young coconut bud), boiled crab and shrimp meat, and minced Daing Pusit, all cooked in the pusit stock mixed with pounded solid chicharron, and rolled in two plies of lettuce leaf and thin wafer as cover - thick wafer in the market is a nuisance that should be discarded except in fried Lumpiya - anointed with the shrimp-achuite sauce of

Luglug which I also pour inside the roll. As sauce, the Osiyo (paste of cooked flour, sugar, soy sauce) with minced garlic and some Chinese celery leaves.

The only place of Soy sauce in my menu is in making such Osiyo for raw Lumpiya, in the Babing Arobung Toyu, in making Lunganisa and as a sauce when I eat the fat pork with tender skin and Bangus in Sigang. In the case of pork and bangus I used to crush grilled "malataid big chili" on the Soy sauce. Even in high-class restaurants in Manila and Baguio the Soy served partakes of the taste of blackstrap molasses for livestock feeding. I use only the Japanese Kikkhoman or the sealed-in-can Soy from Amoy.

The Camaru or mole cricket (Gryllus gryllotalpa) when caught in newly plowed rice fields away from houses and corrals, and the migratory locust or Durun (Locusta migratoria manilensis Meyen) especially the female, make good dishes when stewed in Arobu with fresh tomatoes, native onions, garlic and pepper, without vinegar. Beginning with the early stages of the locust, the "Mala-Antic" or ant-like stage is not eaten but "Luctun" or with undeveloped wings; "Malacabaung" or with rudimentary wings, and the "Mabuctut" or pregnant, legs and wings removed are all delicacies as such Arobu.

Unless I know for sure that Cabuti mushrooms are fully opened and grown on banana stumps or decayed straw I do not venture to eat them for fear of an earlier Requiem Mass not inteded for me due to the deadly alkaloid Muscarine contained in some treacherous fungi and unless an ample supply of 1/60-grain injections of Atropine Sulfate is ready for my rescue in case something goes wrong.

Before serving ham, cooks usually peel off and discard the skin and bones, but the skin can be utilized anew if it is squared and steeped in lard and within two days fried into chicharron to avoid spoilage, whereas the bones will be still good for flavoring soups five times if they are salted and sun-dried after every cooking.

For real chocolate I like the old Guatemalan "Soconusco" cacao or the one growing in our ancestral orchards imported from Mexico, Central America, before the recent introduction of the varieties "Choice Criollos" into these islands. When I was a child I remember how I used to nibble the sweetish pulp of the bean after which it was sun-dried, roasted brown in clay pots, the husks removed, the clean bean ground in stone mills, boiled very thick in water and beaten up with a whisk called molinet in a "batidor" but without peanut, milk or sugar. Being a delicious bitter I take it with Ensaimada or Sûman a Dûman at Latik because the sugar is already there or with Sûman a Bulagtá sprinkled with sugar. Other Pampangos however take it mixed with carabao milk, with or without peanut or casoy and sugar, similar in consistency to the "chocolate, eh?" meaning "eh" "espeso" or thick, of Father Salvi' in Dr. Rizal's Noli Me Tangere, chapter 11, paragraph 14. It is a lost art at present, however, and when a chocolate or cocoa beverage is served now in the restaurants the customer is putting too much price upon what Father Salvi' in Dr. Rizal's Noli Me Tangere, chapter 11, paragraph 14, calls "chocolate, ah?", meaning "ah" aguado" or watery beverage. Nevertheless, preferences vary widely. Mexicans use cacao only for flavoring their starchy maize or arrowroot "atole" or "chocolatl" beverage, others add vanilla, whereas the British Navy up to the present is served with arrowroot flavored with chocolate.

I prefer the "soconusco" chocolate for my breakfast, but for merienda in the afternoon especially in summer there is none better than cold Guinilu taken with unsweetened Sûman a Banus o Patúpat. Guinilu is a delicious beverage of concentrated(not evaporated) Pigá or Coconut Milk to which is added finely cut jelly of Gulâman Dâgat (Gracilaria confervoides) which is, by the way, highly nutritious, and dash of Anîs or Fennel. May I suggest that Guinilu be bottled for commercial consumption and be our National Food Beverage?

It is true that sugar enhances flavor but not the honey made out of coconut fresh Tuba or flower sap when added to the best coffee beverage. I experienced in Davao during the last war that it was at least tolerable to drink the coffee first and the coconut honey last or viceversa, to rinse the acidic tang of the latter.

Putuseco and Expasol are specialty of the people of Apálit. There are two kinds of Putuseco, the coarse and the fine. The fine one needs no comment but the coarse one is dipped in hot carabao milk and in this way I nibble it to my delight. Every Espasol is supposed to be buried in an edible whitish powder. But when that powder is abundant and the Espasols are gone that powder more often than not is discarded because it has no taste. Now listen to me, if I am not suffering from constipation I add sugar and hot carabao milk, otherwise the bowels would fail to function thereof.

Luscious Pastillas Gatas Damulag or Pastillas de Leche de Caraballa are manufactured in Magalang, whether white or caramelized and pliable. The secret lies in that they are no less than pure carabao milk and sugar and the way they are cooked and thus I eat them twelve at a time and never am satisfied.

One of the ways to distinguish a Pampango from a non-Pampango in a dinner table is when a guest takes a big chunk of Brazo de la Reina, Leche Flan, Budin, Gateau Le Sans Rival, Soufflé de Queso, Petits-Choux, or peels off the wafer from the Turrón de Casuy. The Pampangos take only a teaspoonful of such moulded desserts and eat the wafer along with the Turrón. The latter is a secret formula of the people of Santa Rita consisting of native eggs, wild honey, maple syrup, cashew nuts and dash of cinnamon. Due to the fact that it takes more than 7 hours to cook the mixture to the right consistency, cut and wrap it, in three separate operations besides the high cost of materials and labor,

hence it cannot be mass produced under the actual methods and the resulting price like that of the Pastilla cannot be within the reach of those who do not want to enjoy such delicateseen at the expense of our inflated currency.

Finally, I am afraid I am wearing out your patience with such a long random list of Pampango dishes and wish to put an end to it.

But again my distinguished audience interpelated me: "How come Pampangos happened to learn cooking like that?" To which I matched a similar query: "How come most local composers and band conductors are Tagalogs? How come Ilocanos hate to be spendthrift and Visayans luxury loving? How come a Spanish Mallorquin differs in discriminating taste from a continental Spaniard? And how come rare are world ocean-going vessels that do not employ Chinese cooks?

Besides this let us pore into History:

If the religion of the Pampangos at the time the Spaniards conquered Luzon in 1571 was Mohammedanism and not long after on 7 December 1598 Pampangos were ordered by the Audiencia (Supreme Court) to supply the city of Manila with a weekly supply of fowls, eggs and swine during three months, then the Pampangos, either were not professed Mohammedans as the Spaniards may have written down in history or one or more Spaniards may have abjured the teachings of the Bible and told my countrymen to interpret otherwise the meaning of the following passages:

"But flesh with the life thereof, which is the blood thereof, shall ye not eat" (Genesis 9:4). "And the swine, because it divideth the hoof, yet cheweth not the cud, it is unclean unto you; ye shall not eat of their flesh, nor touch their dead carcase." (Deuteronomy 14:8).

In Enciclopedia Espasa, Volume 41, page 566, it is read:

"Thus the Pampangos became the favorites of the Spaniards who were delighted in ennobling them. The first to take step in this regard was governor general Hurtado de Corcuera. Upon founding in Manila in 1641 a Royal College that he named after San Felipe under the direction of the Jesuit fathers he recommended to Andrés Dueñas, a Pampango and field marshal of the "Tercio de Pampangos" (a regiment of 1,200 soldiers), the joint education of Pampangos and Spaniards at the college. Dueñas was to pick out among the aristocratic families of his nationality (Pampanga) the youths that should enroll along with the sons of Spaniards, and this he did so."

The Spanish shod Augustinian missionaries who ministered in all the present towns of Pampanga from 1572 to the present are an eloquent testimony not only to our earliest education but also another answer to your query.

Lastly, my personal indebtedness is duo my wife Felicidad Tumang Henson without whose working knowledge of Pampango Cooking as exemplified in the January 3, 1960 issue of the Sunday Times published by Editor P. C. Mauricio this modest work would not have been possible.

T H E E N D

MARIANO A. HENSON

Angelos, Pampanga
November 22, 1959

By the same author

A Brief History of Angeles, Pampanga

The Province of Pampanga and Its Towns
(A.D.1300-1955)

Philippine Tables of Equivalents

Sun Spots, Comets and Calamities

A Better Diet for A Better Race

Modern Rice Culture (Pampango)

How to Play Sungca

P.C. Sweepstakes Lazy and Dutiful Numbers

Prophets and Prophecies

What Other Poultry Books Did Not Tell

Pampango Cooking

CULTURAL CONSENSUS awards to Pampango cooking the country's culinary laurels. This skill has to a great degree been influenced by the bountiful resources of the province. Its plains are a source of fertile plants and animal life; its great river yields fish. Economic organization afforded a land-owning aristocracy centuries of gracious living that had ceaselessly seeped down to the poorer classes. Pampanga's proximity to the urban center assured the steady assimilation of foreign cultural influences. Pampanga cooking is today blended of European and Chinese, with native influences, lovingly practised and expanded by amateur and professional cooks.

Mariano A. Henson is an old Pampango gentleman who has gathered what is perhaps the best anthology of Pampango cooking. Henson, a historian, genealogist, chemist, and connoisseur, for years tested and recorded all the dishes prepared in his household. In this manner, he was able to collect 100-odd recipes ranging from fiesta to ordinary fare. Some of these recipes are lifted from Henson's unpublished anthology and here presented for STM readers.

Pepitoriang Manuc

1 regular-size year-old native chicken
1 chicken liver mashed
4 cups boiling water for stock
2 tablespoon pork lard
1 Bermuda onion, minced
3 sprigs parsley, minced
1 heaping teaspoon salt
1/8 teaspoon black pepper powder
1 teaspoon American lemon (not calamansi) juice
Yolk of 2 eggs beaten
1 heaping tablespoon cornstarch dissolved in little cold water

Clean, singe, wash sparingly and cut up chicken. Place it in pot and nearly cover with boiling water. Cover pot and simmer gently one hour with occasional stirring. Remove from fire. Skim out chicken and reserve stock.

Melt lard in low fire and saute garlic lightly. Add chicken and baste five minutes. Pour over stock with lemon. Season with parsley, salt and pepper. Cover and simmer until tender (about 20 minutes). Add liver, yolk and cornstarch stirring until slightly thickened. Serve at once in two platters.

Suam Maiz

10 *regular-size tender yellow corn*
1 *level tablespoon imported butter (not margarine)*
3 *large cloves garlic*
4 *cups boiling water*
1 *heaping teaspoon salt*
½ *level teaspoon refined sugar*
3 *tablespoon evaporated milk*
20 *chili leaves without fruit*

Grate corn. Brown garlic in butter in low flame. Add corn, stirring three minutes. Pour over boiling water and stir for another 10 minutes. Add salt, sugar and milk with stirring in between. Lastly, drop chili leaves. Serve at once. Good for six servings.

Lagat Utac

1/2 *kilo ox brains (1-¼ cup net)*
1 *teaspoon salt dissolved in*
1 *cup water*
1 *teaspoon American lemon (not calamansi) juice*
1 *egg beaten with*
1 *teaspoon evaporated milk and*
1 *teaspoon flour*
1/2 *biscuit (bizcocho de caña), crumbs*
1 *clove garlic, minced*
1/4 *Bermuda onion, minced*
1 *sprig parsley, minced*
1/4 *cup pork lard*
Dash of cinnamon powder

Clean brains of membranes and blood. Rinse in cold water. Boil five minutes in salt water. Drain and marinate 30 minutes in lemon juice, garlic, onion, parsley, dressing. Roll in biscuit moistened with egg and milk, then in biscuit

again. Let stand a few moments to dry. Fry in hot lard at 300 degrees F. and baste constantly until golden brown. Drain and dust with cinnamon. Good for two platters.

Quilaw Cambing

1 *kilo Goat's meat*
40 *heads red native onions, peeled and minced*
10 *red native chili labuyo, crushed*
Juice of 3 *American lemons*
1 *tablespoon "Tanduay" dry gin*
1 *teaspoon "Lea & Perrins" worcestershire sauce*
1 *level teaspoon French mustard*
1 *heaping tablespoon salt*

Select a castrated native goat eight months to one year old. No food but water should be given 24 hours before slaughtering. Brush dirt out of hair. After slaughtering, hang goat from hind legs. Skin from legs down to neck, trying not to cut or tear thin membrane under hide. Avoid rubbing goat's hair against flesh.

Rinse incisions from top to bottom every time first with water and lastly with strong vinegar. To skip cartilages, the flesh should be gently scraped with a keen curved-edge (cabasi) native knife.

To the raw meat pour over gin, worcestershire, lemon, mustard, chili and salt, and lastly the onions, in alternate thorough kneading. Marinate two hours in dressing. Serve in two platters as cocktail in between sips of highballs.

The surplus meat of the goat can be made into delicious Caldereta.

The skinned head can be cooked into soup flavored with Alibangbang (Bauhinia malabarica Roxb — Balibamban in Pampango) leaves and tomatoes.

Atsarang Capampangan

10 *green native papayas 6 inches long, pared, seeded, grated*
1 *level tablespoon salt*
4 *heads garlic, finely sliced*
10 *heads red native onion, finely sliced*
3 *cups year-old clear cane vinegar*
3 *finger-size carrots, grated*
3 *cloves (clavos de especia)*
1 *finger-size ginger, crushed*

10 *red-ripe sweet pimientos small size, seeded and finely sliced*
20 *limoncitos (Triphasia trifolia (Burm.) P. Wils.), seeded*
1 *kilo refined sugar*

Mix salt and papayas. Wrap in cheesecloth and squeeze out sap. Sun dry papayas. Boil vinegar with ginger two minutes. Skim out and discard ginger. Pour it over little by little sugar, garlic, onions, carrots, cloves, pimientos, limoncitos and papayas. Boil

one minute further. Keep in dry clean covered bottle when not served. Good for a table serving of six.

Duayan Linamnam

1-½ *cups granulated sugar*
½ *cup cold water*
8 *native eggs, of which remove 4 egg whites*
12 *native "cereza" (Muntingia Calabura L.) fruits, seeded*
½ *teaspoon vanilla extract*
2 *tablespoon imported butter (not margarine)*
2 *tablespoon Edam cheese, grated*
1 *tall tin evaporated milk Alpine*
½ *cup creamy carabao milk*
5 *small "mamon" muffins, mashed*
½ *cup "macapuno" coconut meat, scraped with the native "sacabocados"*
½ *cup "casoy" nuts, roasted but not browned, chopped*
Cinnamon powder

Dissolve sugar in water. Beat eggs. Add cereza, vanilla, butter and cheese, little by little, with constant stirring. Likewise the milk and muffins and lastly macapuno and casoy. Blend all mixtures thoroughly. Bake in greased loaf pan or native "llenera" in moderate oven at 250 degrees F. about one hour until brown. Empty out when cold and dust lightly with cinnamon powder.

Pampango-English Equivalents

PEPITORIANG MANUC—Chicken fricassee

SUAM MAIZ—Thick stewed soup of corn

LAGAT UTAC—Choice stew of brains

QUILAW CAMBING—Relish of goat cocktail

ATSARANG CAPAMPANGAN—Pampango sweet-sour mixed pickles

DUAYAN LINAMNAM—Appetizing delicatessen ◆◆